## Winter/Spring 2008

## Dear Friends:

Another new year is upon us and what a better time to invest in your quality of life by joining one of the City of Albuquerque/Bernalillo County, Department of Senior Affairs' senior centers. If you haven't already heard, Albuquerque boasts one of the finest programs in the country for people, aged 50 and older, to learn, socialize and recreate. Membership is \$13 a year, and still one of the best bargains around.

Located throughout metropolitan Albuquerque, our network of seven centers offers participants a diverse selection of activities ranging from trips to the Santa Fe opera to opportunities to learn acrylic painting, wood carving, and computers or to hike our state's scenic vistas or workout at one of our fitness centers. If you are like any of our already 15,000 members, you will find a multitude of opportunities to engage your mind, body, and spirit and for those of you with special skills and talents that have a knack for teaching, our centers are always looking for volunteer instructors.

In 2008, I personally invite you to explore the Department of Senior Affairs. Our new Planet 50+, a program designed especially for our emerging baby boomer population, is breaking new ground and available after regular work hours, each night of the week. Look for our next Planet 50+ catalog of classes in the Albuquerque Journal in late February. Later this spring, we will be opening Los Volcanes Senor Fitness Center, on Albuquerque's west side. Look for more information about this as we get closer to our opening date.

The Department of Senior Affair welcomes you to participate in our programs and to partner with us.

Live Better Longer!

Blanca B. Hise, Director Department of Senior Affairs City of Albuquerque